



## SELECTING HIKING BOOTS

1. Wear your hiking socks when shopping for boots: liners made from high-tech wicking fabric (NOT cotton) and midweight or heavy wool or wool/synthetic blend socks.
2. With the boots unlaced, scrunch your toes toward the front. There should be just enough room to squeeze your finger between your heel and the back of the boot.
3. When laced, there should be NO heel slippage, but you should be able to wiggle your toes freely. Go up & down steps and ramps to check flexibility. Kick the toe box hard
4. If in-stock boots aren't wide enough, special order.



obstacle.